



# Eleiko Plate Dumbbell 45 kg

Eleiko Plate Dumbbells improve the lifting experience with a sloped dumbbell head that is more comfortable on the wrists and forearms and when resting dumbbells on the thighs. The smooth handle rotation places less stress on the joints in training. Smart modular construction allows facilities to tailor their dumbbells with a broader range of available weights.

## Features

### Designed For

Eleiko Plate Dumbbells are great for upper body functional strength and conditioning, especially unilateral exercises.

### Robust Design

Durable rubber surface texture minimises signs of wear and tear, which is optimal for high-volume usage settings and keeps dumbbells in excellent condition.

### Weight Range

The Plate Dumbbells are available in kilos ranging from 10 to 100 kg, and increase in 2,5 kg increments up to 60 kg and 5 kg increments from 60 to 100 kg.

### Clear Identification

Easily legible laser-etched stainless steel end caps show weight indications. Dumbbell heads feature an embossed Eleiko logo.

## Specifications

**Unit of measurement**  
Sold individually

**Warranty**  
2 years

**Handle**  
Rotating

**Article code**  
3085233-0450

**Grip Diameter**  
35 mm / 1.38 in.

**Weight Tolerance**  
+/- 1%

**Length**  
381 mm / 15 in.

**Grip Length**  
130 mm / 5.12 in.

**Weight**  
45 kg / 99.21 lbs

**Head Diameter**  
210 mm / 8.27 in.